

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1-11 (canceled)

12. (currently amended) A device ~~Device~~ for damping the relative motion between a ~~the~~ handle (24) and a rod (22) of a pole (20), ~~the handle (24) being movable relative to the rod (22), between the handle (24) and the rod (22) there being, the device comprising:~~

~~a gas compression spring and a helical compression spring (17),~~

a tube (3) with a closed lower end (19), the lower end (19) fixed within the rod (22);

~~on the~~ a rod-shaped body (5) on its with a free lower end held in the tube (3); ~~there being~~

[[a]] an elastically deformable seal (13) on the free lower end of the rod-shaped body (5), under a pressure the seal being deformed to bear against an inner surface of the tube (3);

upon a displacement of the rod-shaped body (5) into the tube (3), a gas compression spring comprises a gas-filled space located within the tube (3) between the closed lower end

(19) of the tube (3) and the seal (13) bearing against the inner surface of the tube (3); and

a helical compression spring (17) clamped between i) the closed lower end (19) of the tube (3) and ii) the free lower end of the rod-shaped body (5), ~~characterized in that the tube (3) in which the rod shaped body (5) is held with its lower end is a tube (3) closed on one side, that~~

~~the helical compression spring (17) is clamped between the end of the rod shaped body (5) held in the tube (3) and the bottom (19) of the tube (3), and that the elastic insert (13) which the rod shaped body (5) on its end which is held in the tube (3) bears a when there is pressure on the rod shaped body (5) in the direction of displacement into the tube (3) by the helical compression spring (17) is deformed~~

wherein under the displacement of the rod-shaped body (5) into the tube (3) the helical compression spring (17) creates the pressure on the seal (13) that deforms the seal (13) to bear ~~such that is placed~~ against the inner surface of the tube (3) ~~[sic]~~.

13.(currently amended) The device ~~Device~~ as claimed in claim 12, further comprising an intermediate disk located at the free lower end of the tube (3) and supporting ~~wherein the helical compression spring (17) is supported on the insert (13)~~

~~of elastic material via an intermediate disk (15) which can move relative to the rod shaped body (5).~~

14.(currently amended) The device ~~Device~~ as claimed in claim 12, wherein there is a ring-shaped end stop (9) located at a stroke position on the rod-shaped body (5) ~~outside its part held in the tube (3)~~ for limiting a stroke of the rod-shaped body (5) relative to the tube (3).

15.(currently amended) The device ~~Device~~ as claimed in claim 14, wherein there is an ~~the~~ end stop damper (11) mounted on an ~~the~~ open end of the tube (3).

16.(currently amended) The device ~~Device~~ as claimed in claim 15, wherein ~~when~~ pushing the rod-shaped body (5) ~~is pushed~~ into the tube (3) moves the ring-shaped end stop (9) against ~~adjoins~~ the end stop damper (11) and clamps ~~[[it]]~~ the end stop damper (11) between the open end of the tube (3) and the end stop (9).

17.(currently amended) The device ~~Device~~ as claimed in claim 12, wherein the tube (3) is part of the ~~a pole tube~~ (22) ~~of an (athletic) pole (20).~~

18.(currently amended) The device ~~Device~~ as claimed in claim 12, wherein the tube (3) is located within the pole tube (22) of an athletic ~~(athletic)~~ pole 20.

19.(currently amended) The device ~~Device~~ as claimed in claim 18, wherein

the tube (3) comprises an upper end flange (4) resting on a top surface of a telescoping part (28), and

the rod-shaped body (5) is coupled to a handle side part (26) at a top end of the rod-shaped body (5) via a coupling (32) ~~the rod-shaped body (5) of the damping device (1) is coupled to the handle side part (26) of a pole tube (22) consisting of two parts (26, 28) which can be telescoped into one another.~~

20.(currently amended) The device ~~Device~~ as claimed in claim 19, wherein the coupling (32) between the rod-shaped body (5) and the part (26) of the pole tube (22) is releasable ~~can be released.~~

21.(currently amended) The device ~~Device~~ as claimed in claim 19, wherein the handle (24) is located on ~~one~~ the handle side part (26) of the pole, the handle side part (26) and the telescoping part (26) telescoping into one another ~~tube (22)~~

~~consisting of two parts (26, 28) which are telescoped into one another.~~

22. (new) The device as claimed in claim 12, wherein the seal (13) is in form of a disk.

23. (new) The device as claimed in claim 12, wherein the seal (13) functions as a valve which is closed when the gas compression spring is compressed under the displacement of the rod-shaped body (5) into the tube (3), wherein the helical compression spring (17) creates the pressure on the seal (13) that deforms the seal (13) to bear against the inner surface of the tube (3), and the valve is open when the gas compression spring moves apart.

24. (new) A damping device for damping the shock received in a pole (20), the device comprising:

a pole comprises a handle (24), a handle side part (26) and a telescoping part (28);

a tube (3) with a closed lower end (19) and an upper end flange (4) resting on an top surface of the telescoping part (28);

an end stop damper (11) mounted on a top surface of the tube (3);

a rod-shaped body (5) coupled to the handle side part (26) via a coupling (32), which the body (5) comprises a lower free end slidably held within the tube (3) and comprises a ring-shaped stop (9) located at a stroke position limiting a stroke of the rod-shaped body (5);

an elastically deformable seal (13) mounted on the free end of the rod-shaped body (5), which the seal is in form of a disk; and

a helical compression spring (17) located between the seal (13) and the closed lower end of tube (19),

wherein in a downward stroke of the body (5), a pressure from the spring (17) deforms the seal so that the seal (13) bears against the inner surface of the tube (3), thereby the seal (13) acting as a valve to close the tube (3) and to seal and compress a gas enclosed within the tube (3) between the deformed seal (13) and the close lower end (19) around the spring (17).